

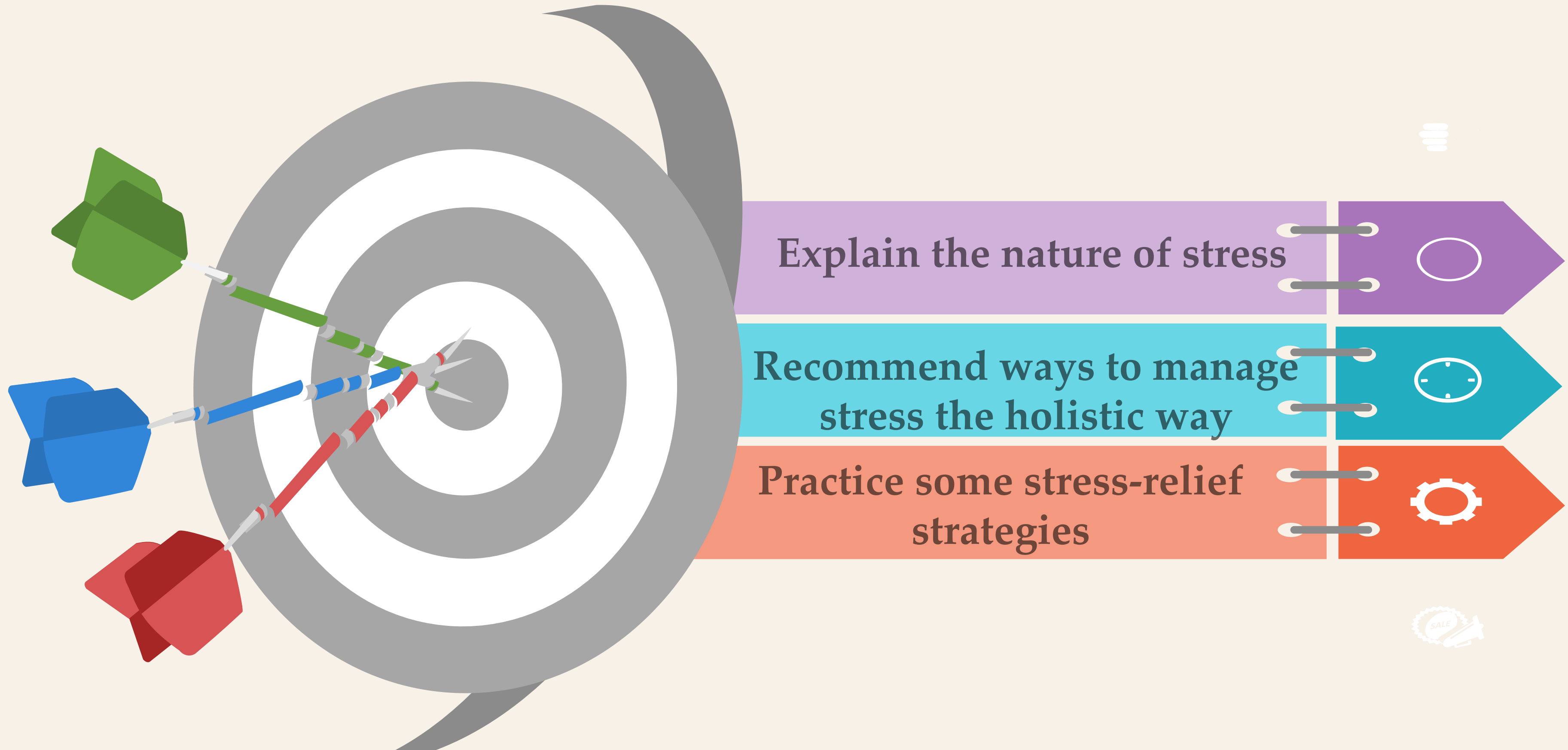
General Recommendations and Special Techniques for Reducing/Managing Stress during a Pandemic or Other Stress-inducing Situations

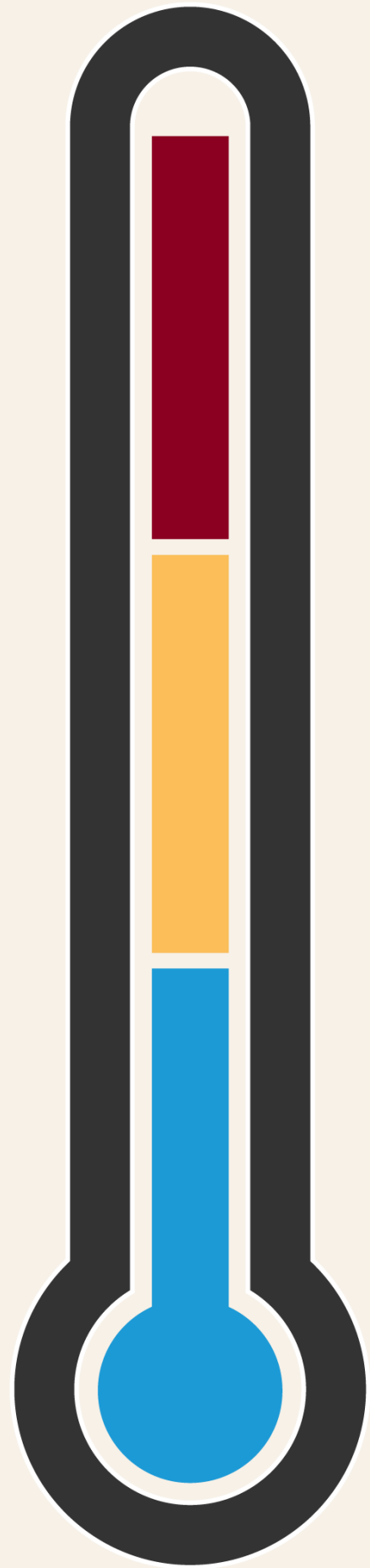
Decorative foliage in the bottom left corner, including a blue fern-like plant and a green leafy plant on a light brown background.

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Presentation Objectives





Toxic

Prolonged activation of stress response systems in the absence of protective relationships

Tolerable

Serious, temporary stress responses, buffered by supportive relationships.

Positive

Brief increases in heart rate, mild elevations in stress hormone levels.

Stress Response Check

Twin Systems

STRESS
SYMPATHETIC

CALM
PARASYMPATHETIC

PUPILS EXPAND

PUPILS SHRINK

FAST & SHALLOW
BREATHS

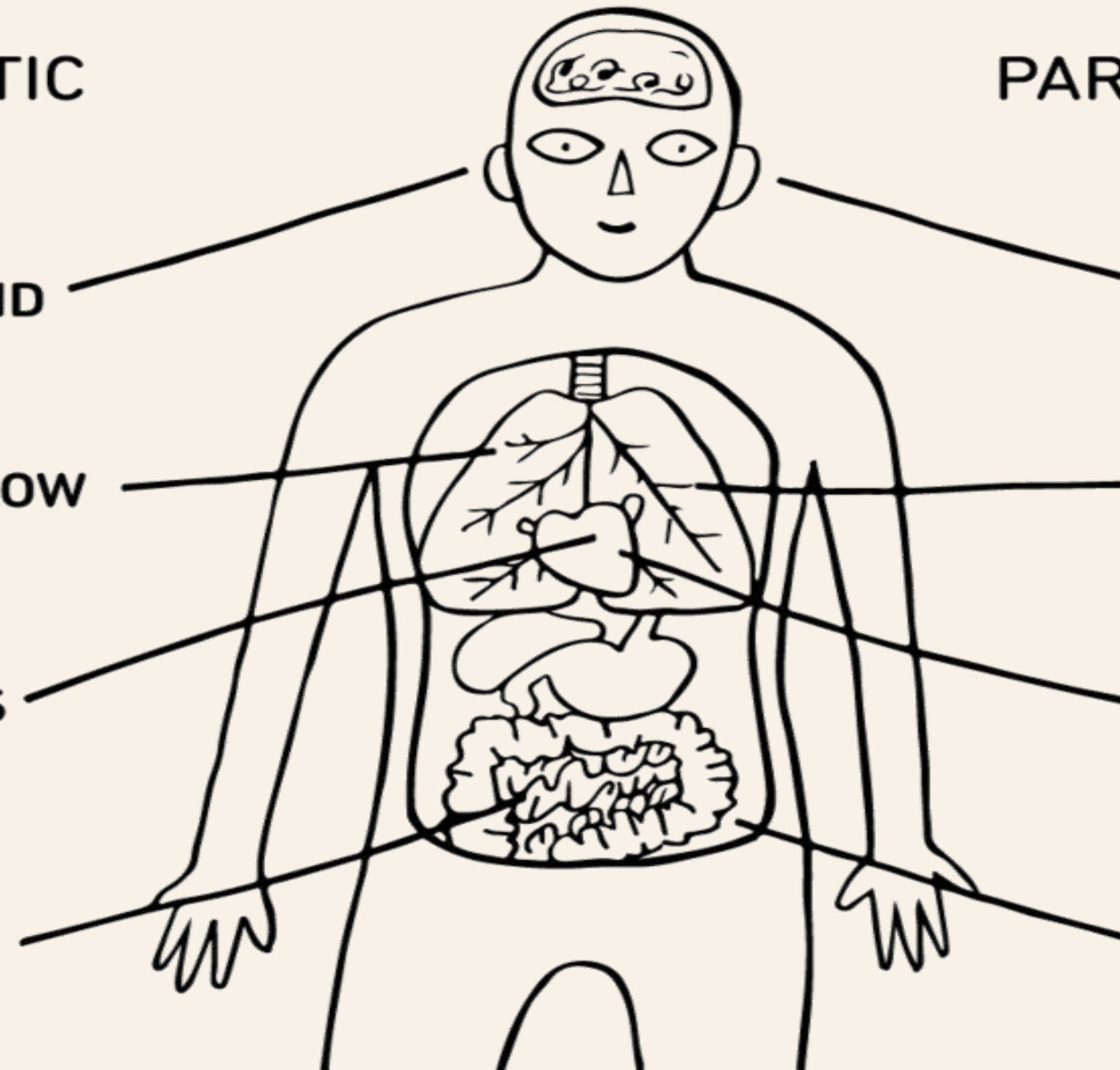
SLOW, DEEP
BREATHS

HEART PUMPS
FASTER

HEART SLOWS

GUT INACTIVE

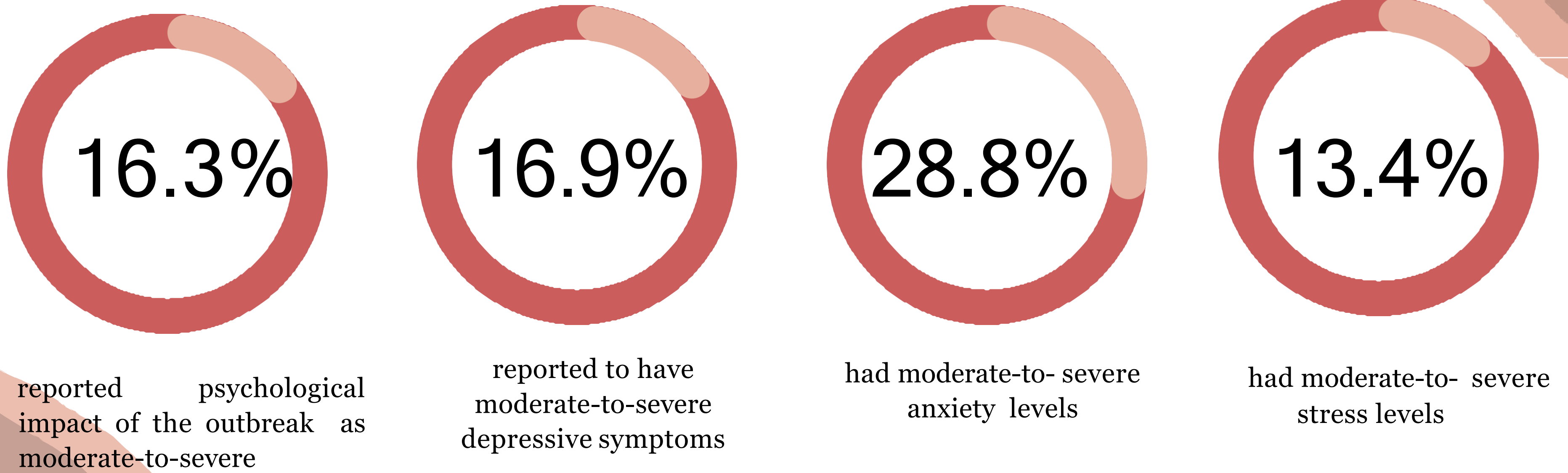
GUT ACTIVE



Identify the trouble spots.



Psychological impact of COVID-19 pandemic in the Philippines (as of April 2020)



COVID-19's Challenges

1 Pressure from work and family responsibilities

2 Financial losses

3 Grief and mourning



Use a holistic approach to managing stress.

3



Physical



- 1 **Exercise** and try **relaxation** activities.
- 2 Get enough **sleep**.
- 3 **Mind** what you eat.

Social



1 **Nurture relationships.**

2 **Stay connected.**

3 **Find support in others.**

Intellectual



- 1 Face up to the **facts**.
- 2 **Mind** your mental traps.
- 3 Get **creative**.

Emotional



1 Give **thanks**.

2 **Schedule** worry time.

3 Try the **Community Resiliency Model (CRM)**.





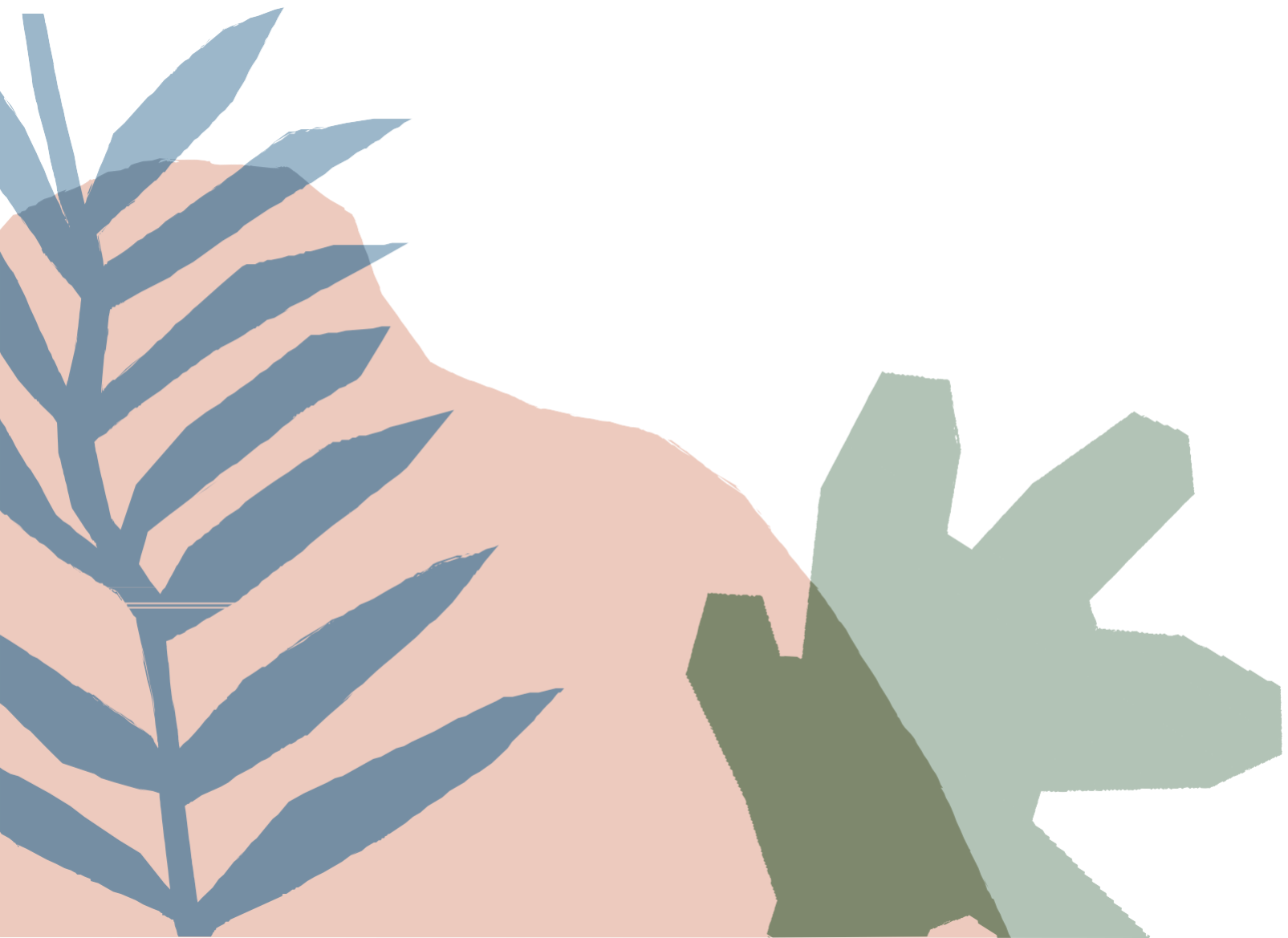
The Six Skills

The Community Resiliency Model



Environmental

- 1 Turn to **nature**.
- 2 **Declutter** home and habits.
- 3 Take care of your **personal space**.



Occupational



- 1 **Make** a stress journal.
- 2 Improve **work habits.**
- 3 Practice **work-life balance.**

Spiritual



- 1 Find your **purpose**.
- 2 Enhance your sense of **inner peace**.
- 3 Make time to **reflect**.



MY STRESS RELIEF KIT





In a nutshell...

- Stress is **inevitable** and **necessary**.
- Managing stress starts from **understanding** its nature and improving our **self-awareness**.
- There are **practical strategies** to help us manage stress **holistically**.



Power of E's

Embrace.

Explore.

Empower.



References

McIntosh, D. & Horowitz, J.(2018) Stress the psychology of managing pressure. London: Dotling Kindersley

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Trauma Resource Institute. Community resiliency model. Retrieved from

<https://www.traumaresourceinstitute.com/crm>

The background features several abstract, hand-drawn style elements. In the top right, there is a sun-like shape made of radiating orange lines. To its right is a dark green, irregular shape. On the left side, there are blue, rounded, stacked shapes and a yellow, jagged line. At the bottom left, there is a green, rounded shape on a brown base, with a yellow, jagged line extending upwards. On the right side, there are blue and white horizontal stripes.

Thank you for listening!